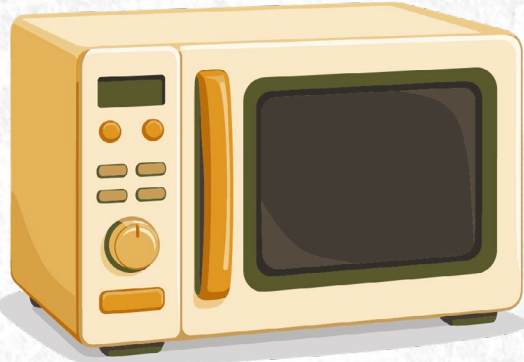


COOKING IN THE BARRACKS: MAKING MEALS IN THE MICROWAVE

No kitchen? No problem.

Small appliances can still produce big flavor and nutrient-dense meals. Here's how to turn simple ingredients into quick, healthy meals that keep you fueled for every mission ahead.



1. **Always use a microwave-safe container.**
★ No metal, foil or random takeout containers.
2. **Spread food out evenly.**
→ A splash of water can revive dry leftovers.
3. **Cover and vent.**
4. **Stir or flip halfway through cooking time.**

START WITH STAPLES

Baked potato: Poke holes on all sides. Cook for 8 minutes, or until the center is soft.

Scrambled eggs: Whisk eggs with a splash of milk. Cook in 30-second bursts until the eggs are no longer runny.

Vegetables: Add fresh or frozen vegetables to a bowl with a splash of water. Cover, vent slightly and heat until tender (about 3-5 minutes).

Oats: Combine oats and water with a 1-to-2 mix. Cook for 2 to 3 minutes.

Brown rice: Combine equal parts instant rice and water. Cover, cook for 5 minutes and fluff with a fork when finished.

Ground beef: Add raw ground beef to a bowl with a thin layer of water or broth. Cover and cook for 6 to 8 minutes until no pink remains (about 160°F).

MAKE IT A MEAL: Soba Noodle Bowl

Heat quick-cook noodles in water until tender (about 3 minutes). Then add fresh, nutrient-dense toppings, like cucumber, edamame, hard-boiled eggs or avocado.



→ For the full recipe and other mission-ready meal inspo, visit:
www.militaryonesource.mil/meal-kit.



SMART STEPS FOR SAFER COOKING

Clean: Wash hands, utensils and surfaces before you start.

Contact: Keep cooked food away from anything that has touched raw meat.

Cook: Make sure everything is cooked fully. Use a food thermometer for meat and poultry.



MAKING LEFTOVERS LAST

- ✓ Store in the fridge within two hours.
- ✓ Cover or seal them tight.
- ✓ Eat within three to four days.